

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

**2012 BOYS AND GIRLS GOLF CHAMPIONSHIPS**

Golf Committee

Jim Casagrande  
Tournament Director - Boys  
Home (203) 888-5909  
E-mail: [barbcasagrande@yahoo.com](mailto:barbcasagrande@yahoo.com)

New England Tournament/CT Chairman  
Walter Beck  
(860) 752-9020  
E-mail: [wbeck95114@aol.com](mailto:wbeck95114@aol.com)

Carrie Gettings  
Tournament Director - Girls  
Work (203) 385-4255  
E-mail: [gettingsc@stratfordk12.org](mailto:gettingsc@stratfordk12.org)

**PLAY AND RULES FOR 2012 GOLF SEASON**

To maintain uniformity in interscholastic golf competition, the following stroke play format must be used by every CIAC school which wishes to qualify for the 2012 State Golf Tournament.

1. Stroke play is to be used for all matches.
2. A maximum of four (4) players' scores count for any one match. This may include invitational tournaments where the entire team plays. Teams may play five (5) players and count the four (4) lowest scores towards state tournament qualification.
3. The CIAC Golf Committee recommends the use of the state qualifying format for all matches. Low score wins.

**Dates to Remember**

First Practice Date	Monday, March 19, 2012
First Match Date	Wednesday, April 4, 2012
Last Match Date for Girls/Boys	Wednesday, May 30, 2012
Tournament Forms Due for Girls/Boys	Wednesday, May 30, 2012
Girls Individual Entry Forms Due	Wednesday, May 30, 2012

State Tournament:

Girls Division	Tuesday, June 5, 2012
Boys Division I - II - III	Monday, June 4, 2012
Boys Division IV	Tuesday, June 5, 2012

New England Tournament	Monday, June 18, 2011
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Maximum Number of Playing Dates	16
Matches Per Week on Original Schedule	3

**\*\*\* REMINDER: Proper golf attire, spikeless golf shoes, shirts with collars, golf shorts and slacks -- is mandatory for all players. Walking or Bermuda shorts are permitted. The inseam of the shorts must be at least four inches. Players may wear slacks or shorts at the individual's discretion. No tennis, gym, or cut-off shorts will be allowed. Denim is not considered appropriate attire. HATS WITH VISORS MUST FACE FORWARD AT ALL TIMES.**

Advertising of beer, wine, liquor or tobacco products on golfer clothing or equipment WILL NOT BE PERMITTED.

# CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

## 2012 CIAC BOYS AND GIRLS GOLF TOURNAMENT

### ALERT PAGE

1. **USGA HANDICAP FOR HIGH SCHOOL STUDENTS AND FACULTY**

The CIAC Golf Committee, in partnership with the Connecticut State Golf Association, is pleased to provide a USGA handicap system for students, teachers and administrators. Log on to [www.csgalinks.org](http://www.csgalinks.org) – click on “Become a Member,” fill out the profile information and it’s that easy. There is NO COST for students below the age of 18.

2. **Girls who participate on boys’ teams, because the school does not offer a girls program in that sport, may enter either the boys or the girls tournament, but not both. Girls who choose to participate on a boys’ team when the school offers a girls’ team in that sport, may only enter the boys’ tournament.**

3. **ONLY SCORES ATTAINED DURING THE REGULAR SEASON MAY BE USED FOR TOURNAMENT QUALIFICATION. LEAGUE TOURNAMENT SCORES CANNOT BE USED FOR TOURNAMENT QUALIFICATION PER CIAC BY-LAWS. However, in golf, league tournament scores may be used to make-up matches that were on the school’s original schedule but were postponed due to weather and/or course conditions and could not be rescheduled prior to the league tournament.**

4. **INDIVIDUALS MAY QUALIFY FOR THE CIAC GOLF TOURNAMENT**

If a school’s team does not qualify, it may enter any golfer for individual honors, provided the golfer has attained an average score of the course rating, plus five (5) strokes or less per 9 holes for boys and 10 strokes or less for 9 holes for girls. This must be an average of the best ten (10) varsity scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach. This average must be certified by his/her principal. Of these, the top eight (8) will qualify as individuals. **Girls who play for a boys team from the boys tees, where a girls’ team does not exist, will have their average course rating adjusted using the women’s rating adjustment table from the USGA.**

5. **WEATHER DELAY / SUSPENSION / POSTPONEMENT** – Teams/individuals should come prepared to withstand weather delays. Further, it is to be clearly understood by all that the managers of the courses make the decisions about play or no play; the tournament director does not have control over any aspect of that decision.

Teams / individuals should also be prepared for the tournament to be suspended from an 18 hole event to a nine hole event should conditions warrant that. Every effort will be made to complete play on the scheduled date – so come prepared.

6. **ACCOMMODATIONS**

The CIAC Golf Committee will make reasonable accommodations for disabled athletes in our tournament. Please alert the tournament director with such requests in advance of the tournament.

7. **No electronic distance measuring devices will be allowed in any tournament play.**

8. **“X RULE” REVISION** – *Attention Girls Golf Coaches:*

Players who have not holed out by double the par on any given hole will pick up and apply a one stroke penalty. Example: Par 3 – A player not in the hole by 6 strokes will pick the ball up and apply a one stroke penalty for a 7. Par 4 – A player not in the hole by 8 strokes, will pick up for a score of 9. Par 5 – A player not in the hole by the 10<sup>th</sup> stroke, will pick up for a score of 11.

**Please note that the X rule will be used in all regular season matches and conference tournaments. The X rule will NOT be in effect for the State Tournament.**

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30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

**78th ANNUAL BOYS GOLF TOURNAMENT**  
**9<sup>th</sup> ANNUAL GIRLS GOLF TOURNAMENT**

**\*\* Limited to Members of the Conference \*\***

*Girls Division -- June 5, 2012 – Orange Hills Country Club*  
*Division I -- June 4, 2012 – Tall Wood Country Club, Hebron*  
*Division II -- June 4, 2012 – Timberlin Golf Club, Kensington*  
*Division III -- June 4, 2012 – Crestbrook Park, Watertown*  
*Division IV -- June 5, 2012 -- Fairview Farms, Harwinton*

The Connecticut Interscholastic Athletic Conference Golf Championship will consist of four tournaments of eighteen (18) holes for boys and one 18-hole tournament for girls. The team with the lowest total score will be awarded the championship in each division. The second lowest score in each division will be considered the runner-up. In the event of a tie for first place, a 3-hole playoff will be held to determine the championship team.

To qualify:

Division I -- Schools with 686 and over  
Division II -- Schools with 473 - 685  
Division III -- Schools with 324 - 472  
Division IV -- Schools with up to 323  
(Based on grades 9-12 boy enrollment as of 2010-11)

Girls Division -- Schools listed

1. **A TEAM MUST PLAY A MINIMUM SCHEDULE OF TEN (10) VARSITY PLAYING DATES AGAINST CIAC SCHOOLS.**
2. A team consists of five (5) players, each of which is considered an individual honors entrant. If a team wishes, they may bring only four. **Champions in each division shall be determined by the best four of five scores.**
- 3.a. A **boys team** must be one of a **maximum of 20 ranked teams** whose rankings will be determined as follows: Teams meeting qualification 1 and 2 above will be ranked on the basis of their average difference of strokes from the average rating of courses played from APRIL 4, 2012 THROUGH MAY 30, 2012. **Only scores attained during the regular season may be used for tournament qualification. League tournament scores cannot be used for tournament qualification unless the league tournament is one of the school's sixteen (16) allowed matches and it is listed on the school's original schedule per CIAC By-laws. However, in golf, league tournament scores may be used to make up matches that were on the school's original schedule, but were postponed due to weather and/or course conditions and could not be rescheduled prior to the league tournament.** The team with the lowest average difference from its average rating will be ranked #1; the team with the next lowest average difference #2, etc. Teams tying for the twentieth place will qualify.
- b. A **girls team** must be one of a **maximum of fifteen (15) ranked teams** whose rankings will be determined as follows: Teams meeting qualification 1 and 2 above will be ranked on the basis of their average difference of strokes from the average rating of courses played from APRIL 4, 2012 through MAY 30, 2012. **Only scores attained during the regular season may be used for tournament qualification. League tournament scores cannot be used for tournament qualification unless the league tournament is one of the school's sixteen (16) allowed matches and it is listed on the school's original schedule per CIAC By-laws. However, in golf, league tournaments may be used to make up matches that were on the school's original schedule but were postponed due to weather and/or course conditions and could not be rescheduled prior to the league tournament.** The team with the lowest average difference from its average rating will be ranked #1; the team with the next lowest average difference #2, etc. Teams tying for 15th place will qualify.

- Note: **An individual girl** may play as a non-scoring member of her home school's boys team if granted permission to do so by the coach of that team. In such cases, the girl would play with the team's #5 boy player and have her score attested accordingly. The purpose is to provide an additional opportunity for individual girl players to participate in matches for tournament qualifying.
  - **“X Rule” – Attention Girl's Golf Coaches** – Players who have not holed out by double the par on any given hole will pick up and apply a one stroke penalty. Example: Par 3 – A player not in the hole by 6 strokes will pick the ball up and apply a one stroke penalty for a 7. Par 4 – A player not in the hole by 8 strokes, will pick up for a score of 9. Par 5 – A player not in the hole by the 10<sup>th</sup> stroke, will pick up for a score of 11. **This applies to regular season matches and league tournaments only and not the CIAC State Championships.**
4. Matches played after May 30 for girls and boys will not count toward qualification for the tournament. No exception will be made for postponed matches.
  5. The last date to count for tournament ranking purposes will be the day prior to the pairings. Pairings will be held on Thursday, May 31, 2012.
  6. The scores made in any match **during the regular season** will count only once for tournament qualification. FOR QUALIFICATION, ALL MATCHES PLAYED WITHIN THE SEASON LIMITATION DATES MUST BE REPORTED. ONE SCORE PER DATE – MAXIMUM 16 DATES / MINIMUM 10 DATES FOR QUALIFICATION. PLEASE PUT IN THE DATE AND THE SCORE. League tournament scores CANNOT be used for tournament qualification.
  7. **Qualification will be based on the BEST TEN (10) varsity scores during the regular season. *Teams that play 18 hole matches must submit scores for the first 9 holes played only.* ALL TEAM SCORES MUST BE SUBMITTED.**
  8. The first 16 match dates played count for tournament ranking, regardless of the original schedule.
  9. **Outside Play During the Season:** Golfers have the opportunity to participate in a maximum of four (4) matches as “unattached players” during the season. These matches must conform to weekly limitations and all other “CIAC unattached” regulations as stated in the CIAC Handbook.

### INDIVIDUALS MAY QUALIFY!

If a school's team does not qualify, it may enter any golfer for individual honors, provided the golfer has attained an average score of the course rating, plus five (5) strokes or less per 9 holes. For girls 10 strokes or less for 9 holes. This must be an average of the best ten (10) varsity scores attained on Connecticut State Golf Association Approved Courses, and must be attested to by the golf coach. This average must be certified by his/her principal. Of these, the top eight (8) will qualify as individuals. **Girls who play for a boys team from the boys tees will have their average course rating adjusted using the women's rating adjustment table from the USGA.**

A school should enter either a team or as many individuals that qualify. Each of the team entries is eligible for individual honors.

Plaques will be given to the winning school and the runner-up school in each division. Medals will be awarded to the winning team members and the winning individual player and the runner-up in each division. In the event of a tie for a team championship, a three-hole aggregate score playoff will be used to determine the champion. If this does not resolve the championship, **co-champions will be declared.** In the event of a tie for individual honors, duplicate medals will be awarded to each individual involved in the tie.

Teams must have a coach or bona fide faculty member as advisor with them. COACHES OR OTHER FACULTY MEMBERS WILL NOT BE ALLOWED TO PLAY THE COURSE. COACHES OR OTHER FACULTY MEMBERS ACCOMPANYING TEAMS SHALL ACCEPT MARSHALING ASSIGNMENTS AS ASSIGNED BY THE CHAIRMAN OF THE COMMITTEE/SITE DIRECTOR.

Any individual entering the tournament shall have a faculty member with him as an advisor. Another advisor from a school in competition may act in this capacity as long as the tournament chairman is so advised IN WRITING IN ADVANCE. UNACCOMPANIED TEAMS OR INDIVIDUALS WILL BE DISQUALIFIED.

Contestants must conform in every respect to the eligibility rules of the Conference and be vouched for by the signature of the principal of the school. FINAL RESPONSIBILITY FOR THE TRANSMITTING OF THE COMPLETED ENTRY FORM RESTS SOLELY WITH THE COACH.

Schools will bear their own expenses going to and from the tournament.

CONTESTANTS MUST REPORT AT 7:30 A.M., D.S.T., AT THE TOURNAMENT SITE UNLESS NOTIFIED OF A DEFINITE STARTING TIME.

U.S.G.A. and local rules will govern the Tournament.

No practice or play will be allowed on the tournament course, except on the putting green or practice fairway (if available) on the day of the tournament. No caddies or caddy wagons are allowed unless granted a waiver by the CIAC Golf Committee. Coaches are not permitted to accompany team members of his/her team on the course.

### **BOYS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT:**

To Qualify -- The top three (3) boys from CIAC Division I, II, III, and IV will represent Connecticut in the New England Individual Golf Tournament. If one or more cannot participate -- we will select the next boy from that division.

The New England Individual Golf Tournament will be held at Bretwood Golf Club North Course, Keene, New Hampshire on Monday, June 18, 2012 at 8:00 a.m. All information pertaining to the New England's will be handed to the individual golfers representing Connecticut at their division tournament.

### **GIRLS NEW ENGLAND INDIVIDUAL GOLF TOURNAMENT:**

Eligibility -- Girls listed on the school's golf team eligibility form will be eligible to compete in the Girls New England Tournament which will be conducted in conjunction with the Division I, II, III and IV CIAC Golf Tournaments. **The top seven (7) from the CIAC girls championship will qualify.**

**To Qualify** -- Any girl competing in the CIAC Division I, II, III or IV golf tournament on a boys team will have her score considered for possible advancement to the New England Tournament. Individuals may qualify provided she has attained an average score of the course rating, plus ten (10) strokes or less per 9 holes for all dates played. **This must be an average of at least ten (10) scores attained on Connecticut State Golf Association approved courses, and must be attested to by the golf coach.** Of these the top seven (7) will qualify as individuals and play in this New England Qualifier. **NOTE: The plus ten strokes per nine holes calculated using the women's tees. Girls using men's tees will be granted additional strokes in accordance with the course ratings for men versus women (3.0).**

**All girls wishing to participate in the New England Tournament MUST enter their scores by May 30, 2012 on the Girls Golf Individual Entry Form. Last day to count – Wednesday prior to pairings. State tournament qualifies first seven (7) positions. Next five (5) entries will be from entry form.**

**Matches played after Wednesday, June 6, 2012 will not count towards qualifications for the New England Tournament.** Tournament rosters must be submitted to the CIAC by June 6, 2012.

The New England Individual Golf Tournament will be held at Bretwood Golf Club North Course, Keene, New Hampshire on Monday, June 18, 2012 at 8:00 a.m. All information pertaining to the New England's will be handed to the individual golfers representing Connecticut at their division tournament.

**Individuals who qualify for the New England Championship but opt not to play must call Walter Beck at (860) 752-9020 so that alternates can be invited to play.**

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2012 CIAC BOYS AND GIRLS GOLF TOURNAMENT

To help minimize the loss of school time for golfers and coaches, we recommend the following:

- a. All practice sessions (including before matches) should be after school hours.
- b. Establish starting times for home matches with the principal and athletic director. (These should be after school wherever possible.)
- c. Student-athletes are responsible for any and all work missed due to athletic events. Teachers should know if any early dates are required for athletic events.
- d. TEAMS SHOULD SCHEDULE TO MINIMIZE LOSS OF SCHOOL TIME FOR AWAY MATCHES.  
*Example* -- Schedule three (3) matches the week of school vacation, league matches should be scheduled during daylight savings hour.
- e. Limit the number of tournaments the team may enter. This should be established between principal, coach and athletic director.
- f. Point out to all parties involved the problem of finding courses to play. Golf is one of the few if not the only sport that is not played on school property. Schools are often subject to the rules and regulations of municipal or private clubs. Try to emphasize to coaches and golf course managers the problems we are faced with and urge them to make necessary adjustments to insure that later starting times when necessary for some schools be made available.
- g. Individual leagues determine the starting time for home matches.
- h. Playing in the state tournament is an all day affair, but it is also representing your school on a state level and the competition is the thrill of a lifetime and limited to the top twenty (20) teams for boys in Division I, II, III and IV and top fifteen (15) teams for girls.

CIAC GOLF COMMITTEE

Neil Sullivan, Simsbury High School  
Jeff Mathieu, Bacon Academy, Colchester  
Eric Barbarito, AP, Wilbur Cross High School, New Haven

Coaches:

Ed Lynch, Simsbury High School  
Robert McPhail, Norwich Free Academy  
Carrie Gettings, Bunnell High School, Stratford  
Rich Condon, Newington High School  
Bob Zadrozny, New Britain High School  
Ed Malczyk, Plantsville - Ex officio

Consultants:

Jim Casagrande, Oxford - Tournament Director  
Tom Malin, East Catholic High School, Manchester - CAAD  
Ray DeAngelis - CAAD  
Jiggs Cecchini, East Granby  
Walter Beck, West Suffield  
Mike Moraghan, CSGA

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

2012 CIAC GOLF TOURNAMENT DIVISIONS

**Division I - 686 and over** (41)

Bridgeport Central	1202
Bridgeport - Warren Harding	729
Bristol Central	711
Bristol Eastern	729
Cheshire	825
Danbury	1471
East Hartford	882
Fairfield Ludlowe	703
Fairfield Prep	907
Glastonbury	1081
Greenwich	1438
Hamden	1004
Hartford - Bulkeley	697
Manchester	958
Middletown	699
Middletown - Xavier	875
Naugatuck	699
New Britain	1420
New Milford	761
Newington	749
Newtown	866
Norwalk	749
Norwalk - Brien McMahon	828
Norwich Free Academy	1124
Ridgefield	893
Shelton	770
Simsbury	855
South Windsor	833
Southbury - Pomperaug	722
Southington	1008
Stamford	926
Stamford - Westhill	1208
Trumbull	1014
Waterbury - Crosby	748
Waterbury - Kennedy	709
Waterbury - Wilby	686
West Hartford - Conard	794
West Hartford - Wm. Hall	793
Westport - Staples	940
Windsor	696
Woodbridge - Amity	868

No Team

Hartford Public (777)  
West Haven (802)

**Division II - 473 - 685** (41)

Avon	548
Berlin	503
Branford	552
Bridgeport - Bassick	650
Brookfield	500
Darien	669
East Haven	489
East Lyme	589
Enfield - Enrico Fermi	563
Fairfield Warde	655
Farmington	674
Groton - Fitch	630
Guilford	546
Hebron - RHAM	632
Madison - Daniel Hand	587
Manchester - Cheney Tech.	510
Meriden - Maloney	500
Meriden - Platt	528
Meriden - Wilcox Tech.	500
Milford - Jonathan Law	487
Milford - Foran	473
Milford - Platt Tech.	579
Monroe - Masuk	648
New Canaan	652
New Haven - Wilbur Cross	628
New London	540
North Haven	597
Storrs - E. O. Smith	596
Stratford	507
Stratford - Bunnell	615
Tolland	478
Torrington	567
Wallingford - Lyman Hall	509
Wallingford - Sheehan	481
Vernon - Rockville	533
Waterford	404
Watertown	477
West Haven - Notre Dame	619
Wethersfield	593
Wilton	657
Woodstock Academy	524

No Team

New Fairfield (482)

**Division III - 324 - 472** (42)

Ansonia - O'Brien Tech.	384
Ansonia / Derby *	404
Beacon Falls - Woodland Reg.	398
Bethel	465
Bridgeport - Bullard Havens	426
Burlington - Lewis Mills	419
Colchester - Bacon Academy	456
Danbury - Abbott Tech.	441
Ellington	381
Enfield	440
Granby Memorial	391
Griswold	356
Groton - Grasso Southeastern Tech.	337
Hartford - A.I. Prince	326
Hartford - Weaver	347
Higganum - Haddam-Killingworth	360
Killingly	371
Killingly - Ellis Tech.	417
Ledyard	454
Middletown - Vinal Tech.	424
Montville	410
New Britain - Goodwin Tech.	374
New Haven - Hillhouse	449
North Branford	340
Norwich Tech.	408
Oxford	324
Plainfield	378
Plainville	398
Redding - Joel Barlow	461
Rocky Hill	386
Stonington	407
Suffield	406
Torrington - Wolcott Tech.	472
Trumbull - St. Joseph	402
Waterbury - Holy Cross	378
Waterbury - Kaynor Tech.	443
Weston	380
Windham	467
Windham Tech.	371
Winsted - N.W. Reg.	377
Wolcott	454
Woodbury - Nonnewaug	405

**No Team**

Eli Whitney Tech., Hamden (352)

**Division IV - up to 323** (42)

Bloomfield	308
Bolton	144
Bristol - St. Paul	168
Canton	270
Chaplin - Parish Hill	69
Clinton - Morgan School	287
Coventry	277
Cromwell	289
Danbury - Immaculate	169
Deep River - Valley Reg.	293
Durham - Coginchaug	273
East Granby	145
East Haddam - Hale Ray	178
East Hampton	276
East Windsor	194
Fairfield - Notre Dame	203
Falls Village - Housatonic Valley	258
Hartford - Capital Prep. Magnet	82
Hartford - Classical	161
Lebanon - Lyman Memorial	239
Litchfield	170
Manchester - East Catholic	309
New Haven - Career	244
No. Stonington - Wheeler	124
Old Lyme	223
Old Saybrook	265
Portland	201
Putnam	176
Seymour	322
Somers	275
Stamford - Trinity Catholic	211
Stafford	259
Terryville	286
Thomaston / Wamogo *	283
Thompson - Tourtellotte	173
Uncasville - St. Bernard	161
Washington - Shepaug Valley	183
Waterbury - Sacred Heart	186
West Hartford - N.W. Catholic	286
Westbrook	156
Windsor Locks	279
Winsted - Gilbert School	146
Hartford - SMSA (JV)	203

**No Team - S**

Kolbe-Cathedral, Bridgeport (143)  
 University, Hartford (266)  
 Amistad, New Haven  
 Faith Prep/Faith Academy, New Milford  
 Hyde Leadership, New Haven (163)  
 Stamford Academy (85)



SCHOOLS WITH GIRLS GOLF TEAMS  
Spring 2012

Ladies Division (56)

Avon  
Berlin  
Brookfield  
Burlington - Lewis Mills  
Canton  
Chaplin - Parish Hill  
Cheshire  
Colchester - Bacon Academy  
Danbury  
Darien  
Durham - Coginchaug  
East Hampton  
Ellington  
Fairfield - Ludlowe  
Fairfield - Warde  
Farmington  
Glastonbury  
Greenwich  
Hamden - Sacred Heart Academy  
Higganum - Haddam Killingworth  
Ledyard  
Madison - Daniel Hand  
Manchester  
Manchester - East Catholic  
Meriden - Maloney  
Middletown  
Middletown - Mercy  
Milford - Lauralton Hall  
Milford - Jonathan Law  
Monroe - Masuk  
Montville  
New Britain  
New Canaan  
Newington  
Brien McMahon/Norwalk Co-op  
Norwich Free Academy  
Oxford

Redding - Joel Barlow  
Ridgefield  
Rocky Hill  
Simsbury  
Storrs - E.O. Smith  
Stratford - Bunnell  
Suffield  
Trumbull  
Trumbull - St. Joseph  
Uncasville - St. Bernard  
Wallingford - Lyman Hall  
West Hartford - Conard  
West Hartford - Wm. Hall  
West Hartford - N.W. Catholic  
Weston  
Westport - Staples  
Wethersfield  
Wilton  
Woodstock Academy

**2012 GOLF SCHEDULE** -- Must be submitted via the password-protected online eligibility center. Game results must be submitted on a weekly basis (scores for all matches through a Saturday must be entered no later than the following Monday) via the password-protected online eligibility center. Regardless of regular season postponed matches, the date of Wednesday, May 30, 2012 must be the final day to count for the tournament for both boys and girls golf teams.

Minimum number of varsity playing dates is ten (10) in order to qualify for CIAC tournament. Both team and individuals. **League tournament scores cannot be used for tournament qualification except for make-up matches as noted on the alert page.**

Member schools must make every effort to complete their season as scheduled, including make-up games. Any effort to gain an advantage in tournament play by not playing a game is unacceptable and is subject to action by the CIAC board of control. Cancellation of any regular season contest/make-up to play in a league tournament will not be allowed.

### **CIAC LATE FEE POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

**TOURNAMENT REGULATION VIOLATIONS** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC board of control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

**TOURNAMENT ROSTERS** -- Must be submitted via the password-protected online eligibility center by May 30 for both boys and girls teams and/or individuals.

Scores of varsity matches played and rating of courses played on May 30 must be reported via the password-protected online eligibility center by May 31 at 8:30 a.m.

The golf committee will meet on Thursday, May 31 at 9:00 a.m. to draw up pairings for the girls and boys tournaments. All pairings will be put on the CIAC web site for all teams on Thursday, May 31, 2012. All qualifiers will be given a starting time, individual and team.

If the school team does not qualify and any team member does qualify, please indicate under entry - individual the golfer(s) to participate as individuals. The appropriate entry fee will be taken from the team entry fee and the balance returned to the school.

**Girls who participate on boys' teams, because the school does not offer a girls program in that sport, may enter either the boys or girls tournament, but not both. Girls who choose to participate on a boys' team when the school offers a girl's team in that sport, may only enter the boys' tournament. Boys may not participate on girls teams. Individual entry forms must be submitted by Wednesday, May 30, 2012 for girls participating on boys teams, where a girl's team does not exist, indicating which tournament (boys or girls) they intend to participate in.**

**An individual girl may play as a non-scoring member of her home school's boys team if granted permission to do so by the coach of that team. In such cases, the girl would play with the team's #5 boy player and have her score attested accordingly. The purpose is to provide an additional opportunity for individual girl players to participate in matches for tournament qualifying.**

List varsity matches played in order of play -- Use course rating for specific 9 holes played -- Minimum of 10 playing dates required to qualify for CIAC tournament. List scores for ALL playing dates. **League tournament scores cannot be used for tournament qualification except for make-up matches as noted on the alert page.**

It is recommended that for any individual that has a course rating average differential of 5.0 or less an individual entry form should be included with the team entry form.

**ENTRY FEE** -- \$100 per team or \$20 per individual qualifier. Entry fee should be mailed to the CIAC, 30 Realty Drive, Cheshire, CT 06410. If a school needs an invoice in order to pay its tournament fee, one can be downloaded by using the "Generate Tournament Invoice" link under the golf options in the password-protected online eligibility center.

**PROPER DRESS -- REMINDER:** Proper golf attire, golf shoes, shirts with collars, including mock and turtleneck shirts, golf shorts and slacks -- is mandatory for all players. Walking or bermuda shorts are permitted. The inseam of the shorts must be at least four inches. Players may wear slacks or shorts at the individual's discretion. No tennis, gym, or cut-off shorts will be allowed. Denim is not considered appropriate attire. Hats with visors must face forward at all times.

Advertising of beer, wine, liquor or tobacco products on golfer clothing or equipment will not be permitted.

All tournament courses will be spikeless.

**No electronic distance measuring devices will be allowed in any tournament play.**

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

#### “WHEN IN DOUBT – SIT IT OUT”

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).*

#### **PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION**

**– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.**

**1. Signs of a concussion may include (what the athlete looks like):**

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

**2. Symptoms of a concussion may include (what the athlete reports):**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

**Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.**

#### **PART II – RETURN TO PARTICIPATION (RTP)**

**– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.**

#### **Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

## Medical Clearance RTP Protocol (Recommended one full day between steps)

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

\* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

### References:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.  
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. *Clinical Journal of Sport Medicine*: May 2009 - Volume 19 - issue 3 - pp 185-200  
[http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx)
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.  
[http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010. [Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

### Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.  
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.

## HEAT STRESS AND ATHLETIC PARTICIPATION

During hot weather conditions the athlete is subject to the following:

**HEAT CRAMPS** – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

**HEAT SYNCOPE** – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

**HEAT EXHAUSTION** – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

**HEAT STROKE** – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 .....	Unlimited activity	73-82 .....	High risk
65-73 .....	Moderate risk	82-plus .....	Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

Air Temp	Danger Zone	Critical Zone	RH = Relative Humidity
70F	80% RH	100% RH	
75F	70% RH	100% RH	
80F	50% RH	80% RH	
85F	40% RH	68% RH	
90F	30% RH	55% RH	
95F	20% RH	40% RH	
100F	10% RH	30% RH	

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61 - 65F	Observe players carefully
66 - 70F	Caution
71 - 75F	Shorter practice sessions and more frequent water and rest breaks
75 plus F	Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**
7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children  
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

**HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.**

**A rectal temperature not oral, aural, or temporal is diagnostic of heatstroke.** Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete then delay. **Immediately cool the athlete while waiting for transfer to a hospital.** Remove equipment and immerse body in ice cold water and keep cooling athlete.

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

**HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER.** Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

**SUMMARY** – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

## RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS

### Types of Sports Drinks

#### 1. Fluid Replacers

- Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max
- These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.

#### 2. Carbohydrate loaders

- Examples: Gatorlode, Exceed High, Carboplex, etc.
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

#### 3. Nutrition Supplements

- Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They help restore muscle glycogen stores after exercise.
- They provide extra calories for athletes beyond a proper balanced diet.

### What Not to Drink

- Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.

### Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

### What to Drink During Exercise

- If exercise lasts more than 50 minutes, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.
- Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.
- Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.



## **Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness**

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.
- A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.
- A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.
- <http://www.weather.gov/om/heat/heatindex.shtml>